EPISODE 20 // SHOW NOTES

Master of Yourself

A fifteen-minute pause in a noisy world — with Paul Cleworth

The Steady Path
Green Farm, Bendish
SG4 8JD
~15 minutes per episode

THE BIG IDEA

We've done the loud half of discipline — routine, no shortcuts, making yourself do the hard thing. This is the quiet half: stopping yourself doing the easy one. Not taking the shot. The Stoics called it temperance, the fourth virtue — the one I think the other three lean on — and they thought it was the same thing as freedom: if a thing can make you do what you didn't choose, it owns you. Talent is loud. Mastery is quiet. Ten feet. It was always ten feet.

"Coach — you want to put a sub on?" "My team's on the floor."
— Hoosiers, David Anspaugh, 1986

Four men on the court, the town screaming, and he'd rather play short than put on a boy who won't pass. The freest man in the building.

"Money won is twice as sweet as money earned."
— Fast Eddie Felson (Paul Newman), The Color of Money, Martin Scorsese, 1986

The business isn't winning. It's losing on purpose until the money is on the table — and Vincent physically cannot do it.

EPISODE OVERVIEW

The Hook	Hickory, Indiana, 1951. Four men on the floor.
Two Halves	Loud discipline (Eps 6, 16). Now the quiet half.
Temperance	The fourth virtue, from Episode 18.
Four Passes	Fundamentals before glory. No heroes.
Tape Measure	Fifteen feet. Ten feet. Same as home.
Epictetus	Restraint is freedom. Who is your master?
The Pool Hall	Vincent's talent; Eddie's self-control.
Two Books	The behaviour gap. Less, but better.
Dinner	Musonius: train at the table. Dad: 11 stone.
Cato & Dalton	No cloak. No shoes. "Be nice."

WHY 'RESTRAINT'?

In investing — most of the damage isn't a bad decision. It's a decision you didn't need to make at all. Four passes first.

In family life — three meals, no snacking, for nearly ninety years. Not a diet. A habit, lived quietly, which is the only kind that counts.

In business — if it isn't a clear yes, it's a clear no. The people who get somewhere said no to almost everything.

In life — everybody wants to rule the world. Almost nobody wants to rule themselves — the only kingdom actually on offer.

"What am I going to not do this week?"

— not do. Say it out loud. And when the noise gets up, get the tape measure out. It's ten feet.

STOIC & OTHER WISDOM

"Is freedom anything else than the power of living as we choose?"
EPICTETUS · DISCOURSES, BOOK 2, CHAPTER 1

"Is not money your master, or a girl or a boy, or some tyrant, or some friend of the tyrant?"
EPICTETUS · DISCOURSES, BOOK 2, CHAPTER 1

"No man is free who is not master of himself."
EPICTETUS · FRAGMENTS, VIA STOBAEUS

"If it isn't a clear yes, it's a clear no."
GREG MCKEOWN · ESSENTIALISM

"Everything in moderation — except telling people you love them, and laughing."
PAUL, AT HIS FIFTIETH — AMENDING HIS DAD'S RULE

REFERENCES THIS EPISODE

FILM

Hoosiers (1986) · The Color of Money (1986) · Road House (1989)

MUSIC

Huey Lewis and the News — Hip to Be Square (1986) · Tears for Fears — Everybody Wants to Rule the World (1985)

BOOKS & THINKERS

Essentialism — Greg McKeown · The Behaviour Gap — Carl Richards · Discourses, Book 2 — Epictetus · Musonius Rufus · Cato the Younger

LISTEN OR WATCH

thesteadypath.co.uk
Spotify
Amazon Music
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Audible

THE STEADY PATH PRINCIPLE

Pass it four times. Pick your three meals. Say one clear no.

THIS EPISODE'S REFLECTION QUESTION

"What am I going to not do this week?"

Not do. One thing — food, the phone, the news, the wine — at set times and not in between. Not never. Not whenever.

COMING UP — EPISODE 21

The One Right in Front of You

The first of my dad's two exceptions. Love — the ordinary, daily kind.

Dirty Dancing, Casablanca, and nobody puts Baby in a corner. The person who was there the whole time.

TAKE THIS WITH YOU **Talent is loud. Mastery is quiet. The hardest shot in the game is the one you don't take.**

Slow down. Think clearly. Keep walking your steady path.

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